

COMMODITY DISTRIBUTION Fact Sheet

Name: Romaine Lettuce

Product Description:

Lettuce is in bite-size pieces, pre-washed and ready-to-serve.

Peak Growing Season:

Romaine lettuce is grown all year in California; however, the peak season is November through December.

Uses:

Salads, sandwiches, and garnishes.

Preparation:

Salad Mix is pre-washed, just portion and serve.

Storage:

The lettuce should be stored at 32-35 degrees Fahrenheit, with a relative humidity of 90 to 95 percent. After the package has been opened, gently push out excess air and clip the end of the bag closed and store in the refrigerator.

Best if Used By:

Unopened packages of lettuce can last up to ten days if properly stored, opened packages should be consumed within two days.

Nutrition Facts:

A 1/2-cup serving of Romaine Lettuce provides:

Calories	4	Iron	0.31 mg
Protein	0.45g	Calcium	10.08 mg
Carbohydrate	0.66 g	Sodium	2.0 mg
Fat	0.0 g	Dietary Fiber	0.48 g
Saturated Fat	0.0 g	Vitamin A	73 RE
Cholesterol	0.0 mg	Vitamin C	6.72 mg

Source of Information:

www.produceoasis.com

www.readypacproduce.com

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